Bastien and Bastienne
WOLFGANG AMADEUS MOZART



Health: Ingredient Substitution

Students will

- Explore healthier substitutions for common baking ingredients
- Present their findings to the class
- Implement these skills by re-writing a chocolate cake recipe

Copies for each student: "The Story of the Opera", "The Characters", Activity Worksheets 1 & 2

Copies for the Teacher: "The Story of the Opera", "The Characters", Activity Worksheets 1 & 2, Activity 1 Example

Getting Ready

Decide which section(s) of the lesson you wish your group to complete.

Gather materials:

- Pencils, pens and additional writing paper
- A way for the class to present their findings (i.e. Projector for PowerPoint (preferred) or poster board)
- Computer Access

Introduction

Tell students: In the opera *Bastien and Bastienne*, we learn that foolish Bastien leaves Bastienne for a "city girl" who bakes a delicious chocolate cake. Bastien later returns to the farm with a terrible stomach ache from eating too much cake. If Bastien had not stopped eating chocolate cake he would have suffered from more than a stomach ache.

According to the America Heart Association, one in three U.S. children and teens are now considered overweight or obese. What are some of the causes of this problem? We, as Americans, are eating larger portions of food that contain more artificial ingredients and we are exercising less than is good for our health. Does this mean that we should never eat cake, bread pudding, mashed potatoes, or any other favorite food we may have? Not necessarily. All we need to do is stay mindful of three things:

How much are we eating?

How much are we moving?

Is there a healthier option to substitute in my favorite food?

Guided/Independent Practice:

Depending on the grade level, the ability of your students, and time constraints, you may choose to have students work as a whole class, in small groups, with a partner, or individually. Provide instruction and

model the activity as needed. Have students complete the portion(s) of the Activity Sheets you have chosen with opportunity for questions.

Evaluation: Have students share their answers individually or by groups and explain why they gave their answers. The teacher may want to guide the discussion with the sample answers provided.

Prove it!
The Dallas Opera wants to see your hard work! Take pictures, or videos, of your class's work and email them to: education@dallasopera.org for a chance to be featured on The Dallas Opera Website (http://dallasopera.org/learn/) and/or at the pre-show for the Student Matinees™!

TEKS

Health

6th Grade
115.22 b. 1 A,B Health information
The student comprehends ways to enhance and maintain personal health throughout the life span. The student is expected to: (A) analyze healthy and unhealthy dietary practices; (B) explain the importance of a personal dietary and exercise plan.

7th-8th Grade
115.23 b. 4 B,C Health Information
The student knows how to research, access, analyze, and use health information. The student is expected to: (B) develop evaluation criteria for health information; (C) demonstrate ways to use health information to help self and others;

Correlates: Language Arts

Gardner's Intelligences: Visual-Spatial, Linguistic, Logical-Mathematical

Bloom's Taxonomy: Understand, Apply, Analyze, Evaluate, Create,

Sources:
Dibbern, Mary. "Bastien and Bastienne." Synopsis, The Dallas Opera, 2015.
Bastien and Bastienne Libretto
Warrack, John and West, Ewan. The Oxford Dictionary of Opera, Oxford University Press, 1992.

Online Resources:
http://www.publichealth.org/public-awareness/obesity/ (accessed on 2/26/16)
http://www.familyconsumersciences.com/2014/12/use-this-not-that-healthy-substitutions/ (accessed on 2/24/16)
http://addapinch.com/cooking/the-best-chocolate-cake-recipe-ever/ (accessed on 2/26/16)

The Story of the Opera

Bastienne (soprano) has gone out to the meadow to watch over her flock of sheep. She waits for her boyfriend Bastien (tenor) and when she realizes that he has skipped their regular Saturday afternoon appointment, she is forced to admit that the rumors are true - Bastien has found another girlfriend! As she sits alone, feeling sad and mad, she hears music that announces the arrival of the great magician, Colas (bass). He has understood her predicament and offers his help.

Bastienne explains to Colas that people are talking about a new girl who has just arrived in the nearby city. The girl is rich and she fears Bastien has been lured away by her beauty, her fancy jewelry, her gigantic house, and above all, her ability to make a delicious chocolate cake! All Bastienne has to offer him is the charm of the meadows and the companionship of her sheep. Colas begs her not to waste energy being upset. He sends Bastienne away and he promises to use his magic powers to teach Bastien a lesson.

Bastien appears, but he is not happy. He has eaten so much that his stomach hurts! He has realized on his own that the city girl is not good for him and that Bastienne is his true love. Colas, determined to make sure that Bastien will never make this mistake again, tells him that it is too late; Bastienne has found another boyfriend and is no longer available. He makes Bastien swear to always be faithful, and then he recites a complicated "magic spell" ensuring that Bastien will win her back

Bastienne appears and follows Colas' instructions to pretend to reject Bastien. At the depth of despair, he threatens to run away and "jump into a lake." Bastienne pretends not to care, but as she sees how truly sorry he is, she relents and forgives him. They realize that the true magic is found in the "words that heal our hearts and help us to forgive." Colas joins them in a final song as they celebrate their understanding of the real magic, the magic of true love!

Translation and adaptation by Mary Dibbern

The Characters

Bastienne: (soprano) A young shepherdess; she loves Bastien but is worried he loves another. She turns to Colas for help to win Bastien back.

Bastien: (tenor) Bastienne's lover; he is distracted by another lady in town but he really loves Bastienne.

Colas: (bass) The village wise man and magician; he helps Bastienne and Bastien get back together.

Name: _____ Date: _____

Bastien and Bastienne

Activity Worksheet 1

Instructions: Choose one of the common ingredients used in baking and research a healthy alternative for it. You will need to include nutritional contents and values. Make sure to include reasons why the original ingredient is not a good choice and why the substitution is better. Then, present your findings to the class.

NOTE You may have to convert values to be able to compare the same amounts of nutritional values

Ingredients: All-purpose flour, Granulated sugar, Butter, Oil, Cream, Eggs, Milk, Chocolate chips, Cream Cheese, Frosting, Corn Syrup

Original Ingredient Information	Substituted Ingredient Information
Ingredient:	Ingredient:
Calories:	Calories:
Total Fat:	Total Fat:
Saturated Fat:	Saturated Fat:
Cholesterol:	Cholesterol:
Sodium:	Sodium:
Carbohydrates:	Carbohydrates:
Fiber:	Fiber:
Protein:	Protein:
Calcium:	Calcium:
Notes:	Notes:

Name: _____ Date: _____

Bastien and Bastienne

Activity Worksheet 2

Instructions: Look over the chocolate cake recipe. Using the skills you learned in **Activity Worksheet 1**, revise this recipe to incorporate at least 3 healthier substitutions. ****NOTE**** You may also have to alter the baking instructions after making the ingredient substitutions.

Chocolate Cake Recipe

Ingredients

- 2 cups all-purpose flour
- 2 cups sugar
- $^{3}/_{4}$ cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1 $^{1}/_{2}$ teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon espresso powder
- 1 cup milk
- $^{1}/_{2}$ cup vegetable oil or canola oil
- 2 eggs
- 2 teaspoons vanilla extract
- 1 cup boiling water
- Chocolate Buttercream Icing

Instructions

1. Preheat oven to 350° F. Prepare two 9-inch cake pans by spraying with baking spray or buttering and lightly flouring

2. Add flour, sugar, cocoa, baking powder, baking soda, salt, and espresso powder to a large bowl or the bowl of a stand mixer. Whisk through to combine or, using your paddle attachment, stir through flour mixture until combined well

3. Add milk, vegetable oil, eggs, and vanilla to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter. Beat on high speed for about 1 minute to add air to the batter

4. Distriubute cake batter evenly between the two prepared cake pans. Bake for 30-35 minutes, until a toothpick inserted in the center comes out clean

5. Remove from the oven and allow to cool for about 10 minutes, remove from the pan and cool completely.

6. Frost the cake with Chocolate Buttercream Frosting.

NOTE: The cake batter will be very thin after adding the boiling water. This is correct and results in a very moist cake.

Bonus Activity!

Now that you have learned about healthy substitutions in baking, you should test your new knowledge at home! With the help of a grown-up, bake your own cake using the altered recipe you made!

The Dallas Opera wants to see your delicious cakes! Take pictures of your baking process, and the final product, and email them to: education@dallasopera.org for a chance to be featured on The Dallas Opera Website!

EXAMPLE:

Name: _____ Date: _____

Bastien and Bastienne

Activity Worksheet 1

Instructions: Choose one of the common ingredients used in baking and research a healthy alternative for it. You will need to include nutritional contents and values. Make sure to include reasons why the original ingredient is not a good choice and why the substitution is better. Then, present your findings to the class.

NOTE You may have to convert values to be able to compare the same amounts of nutritional values

Ingredients: All-purpose flour, Granulated sugar, Butter, Oil, Cream, Eggs, Milk, Chocolate chips, Cream Cheese, Frosting, Corn Syrup

Original Ingredient Information	Substituted Ingredient Information
Ingredient: **Daisy Sour Cream (2 Tablespoons)**	Ingredient: **Chobani Yogurt (2 Tablespoons)**
Calories: **60**	Calories: **17**
Total Fat: **5g**	Total Fat: **0g**
Saturated Fat: **3.5g**	Saturated Fat: **0g**
Cholesterol: **20mg**	Cholesterol: **2mg**
Sodium: **15mg**	Sodium: **13mg**
Carbohydrates: **1g**	Carbohydrates: **1g**
Fiber: **0g**	Fiber: **0g**
Protein: **1g**	Protein: **3g**
Calcium: **2%**	Calcium: **3%**
Notes: **This ingredient has a lot of cholesterol and saturated fat per serving. Too much of this can increase risk of heart disease.**	Notes: **This ingredient has probiotics, which are good for digestive health. This ingredient also helps control blood pressure, and is good for bone health and weight management.**

EXAMPLE:

Sour Cream Comparison

All values are for 2 Tablespoons

Daisy® Sour Cream

- Calories: 60
- Total Fat: 5g
- Saturated Fat: 3.5g
- Cholesterol: 20mg
- Sodium: 15mg
- Carbohydrates: 1g
- Fiber: 0g
- Protein: 1g
- Calcium: 2%



Summary: This ingredient has a lot of cholesterol and saturated fat per serving. Too much of this can cause heart disease.

Chobani ® Non-Fat Yogurt

- Calories: 17
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 2mg
- Sodium: 13mg
- Carbohydrates: 1g
- Fiber: 0g
- Protein: 3g
- Calcium: 3%



Summary: This ingredient has probiotics which are good for digestive health. This ingredient also helps control blood pressure, and is good for bone health and weight management.